



REC CENTER TIMES

James City County Recreation Center, 5301 Longhill Road

June/July 2018

Greetings....Center Patrons!

One of my favorite quotes is "Summertime is always the best of what might be." When I think of summer, I think of sun, friends, fun, new adventures and always MOVING! Summer is quickly approaching and I encourage you to try something NEW, like our Beginner Boxing Class or the **Longest Day of Play** on June 21: family fun from sunup to sundown!

Summer makes me smile, especially when I think about the hundreds of activities that our team has planned for you and your family. Come inside and BEAT the HEAT with your choice of over 100 fitness classes, aquatic classes and summer camps weekly such as Mermaid Camp or Kids Paddleboard Fit Camp...and don't forget about making your first move or adding something new to your workout in the fitness area or indoor walking track.

Speaking of NEW, we welcome Jerrod Hurr, a new full-time addition to our Centers family and send Kudos to patrons David Benedict, Lynn Bedell and Minerva Drayton for their new accomplishments! Read more about them in this newsletter. So back to you...what will be YOUR new thing? GET REC'd this summer in the pool, fitness area, the Lounge, a program or park. As always, contact anyone on our great team with any of your needs or suggestions.

Arlana Fauntleroy, Interim Centers Administrator
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NEW Class Alert!

Beginner Boxing

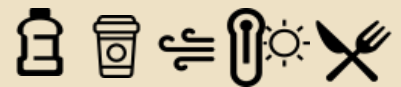
Confidence, Discipline, Cardio & Self Defense

Non-contact real boxing training with USA Boxing Coach, Lloyd Jones!

- **Wednesdays: June 20-July 25 (no class July 4)**
- **FIRST 10 people to sign up get FREE HAND WRAPS!**
- \$30 for James City/Williamsburg residents (5 sessions!)
- \$35 for non-residents (Ages 12+)
- Registration code: **306600-A**

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► Shoe Policy Update Five Finger Shoes Are Back!



► Longest Day of Play



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Wednesday, July 4



...AND MORE!



Fitness Corner

Shoe Policy Update

Patrons must wear appropriate workout attire and **athletic shoes** while in the fitness area. Open-toed, open-heeled and soleless shoes including flip-flops, sandals, and yoga socks are not permitted.



Five Finger shoes like the ones pictured above are acceptable athletic shoes and are allowed in the fitness area effective immediately.



Wipe Down Fitness Machines...

Please wipe down the equipment after use! The cardio and strength equipment is cleaned daily by staff. Your **help** is appreciated to keep the equipment as germ free as possible. **Spray bottles,**

gym wipes, and hand sanitizer are located throughout the fitness area.

Thanks for your help!



James City County presents two new episodes of its "Fun Fitness" exercise series. Led by Fitness Instructors Gail Peck and Patti DeBlass, the new online community classes feature chair-bound workouts that focus on general aerobics and yoga. Our very own **Lynn Bedell and Minerva Drayton** volunteered their time and efforts to make these videos a success! Thank you to these long-time patrons for their commitment to JCC.

In the comfort of your own home, Fun Fitness is available on-demand on James City County's YouTube channel at <https://www.youtube.com/playlist?list=PLg1zt9Ay0TDMuqKHEPMDyMJWtbJlVi6ym> and airs every morning on JCC TV, Cox Channels 48 and 1048.



Tips To Help You Plan Your SUMMER WORKOUTS



HYDRATE

Drink lots of fluids throughout the day



AVOID CAFFEINE

Caffeine acts as a diuretic and will cause fluid loss



WEAR BREATHABLE

FABRICS

The average runner loses 2 -4 lbs. of weight during a summer workout



TIMING

Avoid working out when the sun is at its hottest



FUEL YOUR BODY

Your body will need more food as a source of energy



Aquatics Corner & The Lounge



DID YOU KNOW?

The oldest form of swim stroke used is the....

- A. Freestyle
- B. Backstroke
- C. Breaststroke
- D. Butterfly

- Ancient drawings and paintings found in Egypt depict people swimming dating back to 2500 BCE. Swimming did not become an amateur sport until the later part of the nineteenth century and first became an Olympic event in 1896.
- **To complete a swimmer's mile, defined as 1,650 yards, in the James City County Recreation Center pool, you must swim 66 lengths of the pool or 33 laps.**

The answer is C. Breaststroke!

Patron in the News

David Benedict

Member since 2005 (12 years)

David Benedict hit a milestone on his 84th birthday this year. As of March 10, 2018, David



had swum 2,000 miles in his quest to swim across America. Since his accomplishment, David has continued his training with a goal he has set for his 90th birthday. "I've just passed my 2,000 mile

mark on my Birthday this past March at 84 years of age. That's not too bad, but I'm not stopping there. Hope to get to the 2,500 mile mark well before I'm 90 so I can boast that I've swum across the USA!" Congratulations to David on his accomplishment!!

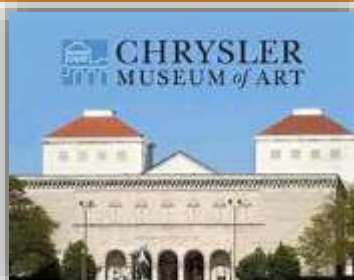
THE LOUNGE

Ages 55+...For more information on these trips or to learn about The Lounge, please call 757-259-4178.

Chrysler Museum of Art & Hunter House Victorian Museum

August 16

Come EXPLORE the vast and impressive collections found in these two museums, including European and American paintings and sculptures, photography, glass and much more. Lunch at Wisteria Café is included. **\$48/per person, \$38/Lounge member** (includes lunch, transportation, admission fees, and gratuities). Registration code: #231201-UU
Registration/Cancellation Deadline: August 13



A Chorus Line: July 26

Don't miss your chance to join us for dinner and a show in Fredericksburg at the Riverside Center for the Performing Arts to see a performance of A Chorus Line. **\$75 per person; \$65 per Lounge member** (includes dinner, transportation, admission, and gratuities). Space is limited. Activity level: LOW.

Registration code: #231201-RR



Summer BBQ Luncheon, Friday, July 6, Noon-1:30 p.m.

Join us for our Summer BBQ Luncheon, featuring beef brisket, pulled pork, smoked sausage, potato salad, baked beans, coleslaw, desserts and beverages. **\$12 per person; \$10 per Lounge member** (advance registration required) 40 spots available, Registration code: #231202-J

Last Notes

PROJECT:

FIVE FORTY SEVEN

PARKS & RECREATION'S LONGEST DAY OF PLAY

On June 21 it's the longest day of the year, so make time to play! Parks and Recreation is celebrating the Longest Day of Play with Project: Five Forty Seven, a fun-filled day of activities across the County from 5:47 a.m.-9 p.m., sunup to sundown. All programs listed below are FREE. No pre-registration required.

- **Sunrise Paddle:** James City County Marina, 5:47-7 a.m.
- **Sunrise Yoga:** Jamestown Beach, 5:47-7 a.m.
- **Bird Walk:** Freedom Park, 6-7 a.m.
- **Aqua Zumba:** James City County Recreation Center (JCCRC) pool, 7-8 a.m.
- **Pickleball:** Veterans Park 8-10 a.m.
- **Fit Momma/Stroller Fit:** Veterans Park, 9:30-10:30 a.m.
- **Line Dancing:** JCCRC Gym, 10 a.m.-noon
- **Arts Preview:** JCCRC Craft Room, 10:30-noon
- **Geocaching Scavenger Hunt:** Warhill Sports Complex, 11 a.m.-sunset
- **Pick-up Basketball & 3-Point Competition:** JCCRC gym, noon-1 p.m.
- **Nature Walk:** Freedom Park 1-2 p.m.
- **Silver Sneakers BOOM Move It:** JCCRC Gym, 2-3 p.m.
- **Stand-up Paddleboard Yoga:** Jamestown Beach, 4-5 p.m.
- **Sunset Paddle:** James City County Marina, 8-9 p.m.
- **Owl Prowl:** Freedom Park, 8-9 p.m.
- **Jamestown Jams:** Jamestown Beach, 5:30-8:30 p.m.

For more information visit jamescitycountyva.gov/recreation.

Welcome Back!

Please welcome Jerrod Hurr, a new addition to our Centers family. Jerrod has over 14 years of experience in Parks and Recreation, previously serving as the Aquatics Coordinator, Sports & Athletics Coordinator and Park Operations Coordinator for the Department. He will serve as our second Recreation Operations Coordinator alongside Becky Duncan.



HOLIDAY CLOSING

The James City County Recreation Center will be closed on Wednesday, July 4 in observance of Independence Day.

RECIPE of the Month

Zesty Lime Shrimp & Avocado Salad

Serves 4 (serving size: 1 cup)



Ingredients (Skinnytaste.com)

- 1/4 cup chopped red onion
- 2 limes, juice of
- 1 tsp. olive oil
- 1/4 tsp. kosher salt, black pepper to taste
- 1 lb. jumbo cooked, peeled shrimp, chopped*
- 1 medium tomato, diced
- 1 medium hass avocado, diced (about 5 oz.)
- 1 jalapeno, seeds removed, diced fine
- 1 tbsp. chopped cilantro

Directions

1. In a small bowl combine red onion, lime juice, olive oil, salt and pepper. Let them marinate at least 5 minutes to mellow the flavor of the onion.
2. In a large bowl combine chopped shrimp, avocado, tomato, jalapeño.
3. Combine all the ingredients together, add cilantro and gently toss. Adjust salt and pepper to taste.

Calories: 197 calories, **Total Fat:** 8g, **Cholesterol:** 221mg, **Sodium:** 330mg, **Carbohydrates:** 7g, **Fiber:** 3g, **Sugar:** 0g, **Protein:** 25g